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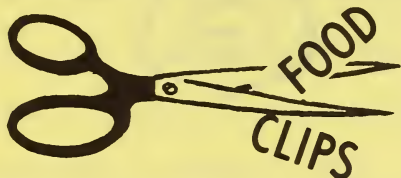
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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Liver is an outstanding source of vitamin A -- a two ounce serving of cooked beef liver provides more than 30,000 international units of the vitamin!

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Sugar, candies, syrup, jellies, soft drinks and alcohol add calories -- but few nutrients to the diet.

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Did You know that whole grain breads and cereals retain the germ and outer layers of grains where the B vitamins concentrate? Milling wheat to white flour however, refines them out.

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Yes, brown rice has food value that unenriched polished white rice does not. Enriched, parboiled or converted rice retains most, though not all, nutrients.

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What is "Banbury"? It's a soft, rich cheese, cylindrical in shape and about an inch thick.

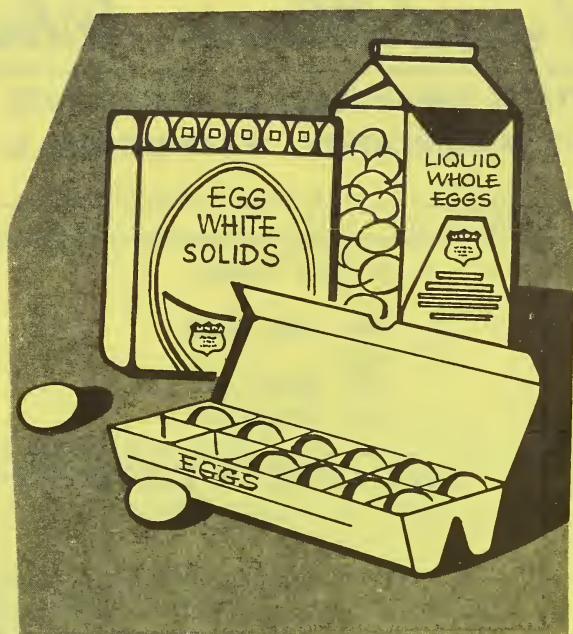
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YOUR INTERIOR LANDSCAPING ---and House Trees

Interior landscaping can change your home or your office. Ideas can be unlimited and may range from a few window sill-type plants to a house tree or even a lean-to greenhouse in a solarium room.

Three things must be considered before making your plan according to USDA's new yearbook of agriculture. The amount of light intensity, how much time and care can be allotted to maintenance, and the amount of space available for proper placement as related to design elements. Of course, the types of plants and trees you select must depend on available light and humidity.

A "house tree" is a plant large enough to have developed its own individual character and usually ranges from 5 to 8 feet tall -- or even larger, depending on the height of your room. It may be thought of as "living sculpture." The color and texture of the leaves, stem or trunk structure and overall height and span relates to the textures, weaves, colors and patterns existing in draperies, slipcovers, floor coverings, wall finishes and upholstery.



NEW FILM ON 'EGGS'

Information on egg grades and sizes, in fact the whole story of modern egg production and marketing is shown in great detail in a new 16 mm color film called "Egg Grades -- a Matter of Quality," produced by USDA's Agricultural Marketing Service.

The film explains the meaning of the U.S. Department of Agriculture's grade on a carton of eggs and shows the differences in egg quality -- and how those differences are determined. The Agricultural Marketing Service administers the voluntary national grading service for all shell eggs.

The new film can be borrowed from the Cooperative Extension Libraries at Land Grant Universities, or may be purchased from the Motion Picture Service, Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250.

EGGS...HANDLED WITH CARE

An egg is...versatile, nutritious and, uniquely packaged by nature. It must, however, be handled properly in order to reach the user safely. That's part of the USDA's Agricultural Marketing Service program to assure that only wholesome shell eggs and egg products come into the market-place. Specific inspection requirements were set in 1970 for two categories of eggs -- egg products and shell eggs.

Shell eggs are...eggs that are still in their natural shell. Most consumers and manufacturers, restaurants, and institutions buy "shell eggs."

"Restricted eggs" are...shell eggs that are dirty, cracked, leaking, or in some other way unsuitable for human consumption. They must be destroyed or denatured.

"Dirties" and "checks" are...eggs with cracked shells but with contents that are not leaking, but are fit for human consumption, when properly handled. These eggs must be shipped to officially inspected egg products processing plants for proper segregation and processing.

Also under the Egg Products Inspection Act (1970), plants that break, dry, and process shell eggs into liquid frozen or dried egg products must operate under the continuous inspection program of the U.S. Department of Agriculture.

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WORKING PRESS -- Available Free: (on wholesome eggs and egg products in the marketplace) "Handled With Care" Egg Products Inspection Act leaflet AMS 560

From Food and Home Notes, Office of Communication, Rm. 535-A, USDA, Washington, D.C. 20250.

HOME GARDENING

---Those Delicious Small Fruits

Space limited? You still may have enough space to grow strawberries, blackberries, raspberries, blueberries, grapes, and gooseberries according to the 1975 yearbook of Agriculture.

For growing strawberries -- you only need to space them 1' apart in the row and cut off all runner plants so that only the original plants produce fruit. Blackberries need 4' to 6' spacing in the row. Red raspberries only 2' apart and purple and black raspberries 4' to 5' apart. Blueberries in time fill the row when spaced 5' apart. Grapes must have 8' to 10' in the row. Currants need 3' in the row and gooseberries 4'. Actually the rows need to be 6' to 7' apart for all crops except strawberries, where 1' suffices. On well grown mature plants your production might be from:

50 mature strawberry plants -- yield 25 pounds

5 blackberry plants -- yeild 25 pounds

5 grape plants -- about 50 pounds.

Strawberry plants will bear a full crop a year after planting -- the others will bear only light crops until the plants are 2 to 3 years old.

If you plan to grow some of these small fruit crops you should check with the County Extension Office for soil conditions in your community. Certain requirements are necessary and it does depend on the area of the country where you live.

NOTE: Additional information for the Media and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Division, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone: 202-447-5898.
